FOR A QUICK AND TASTY SNACK, DIP YOUR CRISPY CRICKETS IN MELTED CHOCOLATE AND LET COOL IN THE SATISFACTION GUARANTEED FRIDGE.

FOR A QUICK SAVORY SNACK, SPRINKLE SOME SALT, A DASH OF GARLIC & A DROP OF OLIVE OIL ON YOUR ROASTED CRITTERS... CRUNCH ON THAT

FOR MORE DELICIOUS RECIPES, SUCH AS:
- CHOCOLATE CHIRP COOKIES
- CARAMEL GLAZED CRICKET CRUNCH
- COATED FLAN
- HOPPIN' GOOD CRICKET FRIED RICE

VISIT:
WWW.INSECTSAREFOOD.COM

by Rachel Marino

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MAKE CRICKET FLOUR:

1. SPREAD DEAD CLEAN CRICKETS ON LIGHTLY GREASED PAN
2. PREHEAT OVEN TO 200° & DRY CRICKETS FOR 1-2 HOURS
3. WHEN CRICKETS ARE DONE THEY SHOULD BE BRITTLE & EASY TO CRUSH.
4. PLACE DRIED CRICKETS IN BLENDER, COFFEE GRINDER, OR HAND CRUSH, TILL THEY ARE CONSISTENCY OF ROUGH FLOUR.

You can sprinkle a little on your salad or add this to some soups for a little extra crunch of protein.

For a lightly chirpin' taste, you can mix 1 part cricket flour with 2 parts regular flour. Use this with your grandma's cookie recipe or your brother's brownie mix...

YOU EAT INSECTS!

CRICKETS ARE ONE OF THE MORE POPULAR INSECTS TO EAT. BECAUSE THEY ARE:
- EASY TO RAISE
- EASY TO PREPARE
- EASY TO COOK
- CHEAP TO MAINTAIN
- TASTY
- NUTRITIOUS

THERE ARE ABOUT 1,462 RECORDED EDIBLE INSECTS... AND THEY GET MIXED IN WITH YOUR FOOD ALL THE TIME. BUT! DON'T WORRY... IT'S ALL GOOD...

100 grams of crickets contains: 121 calories, 12.9 grams of protein, 5.5 g. of fat, 5.1 g. of carbohydrates, 75.8 mg. calcium, 185.3 mg. of phosphorous, 9.5 mg. of iron, 0.36 mg. of thiamin, 1.09 mg. of riboflavin, and 3.10 mg. of niacin.

Compare this with ground beef, which has 288.2 calories **and a whopping** 21.2 grams of fat!

HOW TO GET SOME CRICKETS

OPTION A: RAISE SOME
THIS WAY YOU CAN SECURE A STEADY SUPPLY + IT IS CHEAP + IT IS ENVIRONMENTALLY FRIENDLY + THE MOST REWARDING IN THE LONG RUN.

OPTION B: BUY SOME
FROM BAIT OR PET SHOP (IN THIS CASE YOU SHOULD FEED THE CRICKETS FRESH GRAIN OR FOOD FOR 3 DAYS BEFORE CONSUMPTION)

OPTION C: CATCH SOME (IN A PESTICIDE-FREE AREA)

ALL YOU NEED TO RAISE CRICKETS:

1. ONE CONTAINER WITH TIGHT FITTING LID. (POKE AIR HOLES IN LID.)
2. A COUPLE INCHES OF SOIL (NO PESTICIDES/FERTILIZER!) ACROSS THE BOTTOM OF CONTAINER. THIS IS WHERE THEY DEPOSIT THEIR EGGS
3. A SMALL CONTAINER OF MOIST COTTON BALLS → DON'T LEAVE A BOWL OF WATER... YOUR CRICKET'S ARE LIKELY TO DROWN.
4. ALWAYS LEAVE FRESH FOOD... CRICKETS WILL EAT MOST ANYTHING, SUCH AS: STALE BREAD, OLD VEGGIES, POULTRY MASH, CRUSHED CAT FOOD, FISH FLAKES... JUST REMEMBER, YOU'LL END UP EATING WHAT YOU FEED THEM; SO DON'T FEED THEM YOUR MOLDY CHEESE OR ROTTEN CRACKERS.

MIST SOIL EVERY FEW DAYS.